

UNITED STATES MARINE CORPS
MARTIAL ARTS CENTER OF EXCELLENCE
FORCE FITNESS READINESS CENTER
THE BASIC SCHOOL
24191 GILBERT ROAD
QUANTICO, VIRGINIA 22134

October 2017 MACE & FFRC Newsletter

Director	LtCol (Ret) J. Shusko
Deputy Director	Capt S. Rollins
SNCOIC	GySgt D. Perdue
Operations Officer	Capt R. Stone
Academics Officer	1stSgt (Ret) Z. Hill
Chief MAIT/Operations Chief	GySgt B. Runyon
Athletic Trainer	Mr. E. Sedory
Strength & Conditioning Coach	Mr. A. Prowett
Chief FFIT	GySgt S. Pacheco
Chief FFI	GySgt R. Jimenez
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From the Director:

Marines,

Please share the contents of this Newsletter with all your Marines, especially other Martial Arts Instructor Trainers, Martial Arts Instructors, and Force Fitness Instructors.

I'd like to introduce Captain Randall Stone as the Operations Officer, 1stSgt (Ret) Zynan Hill as the Academics Officer, and GySgt Malik Reed as our newest Force Fitness Instructor Trainer. All are welcomed members of the MACE & FFRC staff, and have been great assets to the team. We are excited to have them onboard.

The staff has been working hard in the development, execution, and sustainment of the Force Fitness and Martial Arts Program for the Marine Corps. We have graduated over 240 Force Fitness Instructors (FFIs) so far this year. They are responsible for introducing the program to their units and training their Marines to become fit for the fight. Additionally, over 80 new MAIs/MAITs trained at the MACE are now infiltrating our Operating Forces.

Our newest staff FFITs, SSgt Salinas and Sgt Ray, were selected to attend the British Royal Marines Physical Training Instructor Course. They are currently in the United Kingdom for a rigorous six months, and will graduate prior to Christmas. The staff is proud of them and plans to visit them at the end of the year.

The staff at Ramer pool have also been working hard to train all Second Lieutenants and all takers from the Capital region in swim.

FY 2017 MAIT courses at the MACE:

MAIT 3-17 18 Sep - 3 Nov (in session with 45 students)

FY 2018 MAI/MAIT courses at the MACE:

MAIT Course 1-18 12 Feb - 30 Mar
MAI Course 1-18 9 Apr - 27 Apr
MAIT Course 2-18 7 May - 22 Jun
MAI Course 2-18 13 Aug - 31 Aug
MAIT Course 3-18 17 Sept - 2 Nov
*MAIT CCRB Nov 2018

FY 2018 TBS BOC Tan Belt training:

Alpha 1-18 16-20 Oct
Bravo 2-18 22-26 Jan
Charlie 3-18 2-6 Apr
Delta 4-18 21-25 May
Echo 5-18 25-29 Jun
Fox 6-18 27-31 Aug
Golf 7-18 24-28 Sep

- Course dates and information available on SharePoint:
<https://vcepub.tecom.usmc.mil/sites/trngcmd/tbs/tbsmace>
- Course registration available via MCTIMS

FY 2017 FFI/FFIT courses at the FFRC, and MTTs:

FFI 6-17 27 Sep - 8 Nov (In session with 65 students)
FFIT 1-17 27 Sep - 8 Nov (In session with 11 students; Beta Course)

FY 2018 FFI/FFIT courses at the FFRC:

FFI Course 1-18: 4 Jan-15 Feb
FFIT Course 1-18: 4 Jan-15 Feb

FFI Course 2-18: 1 Mar-11 Apr
FFIT Course 2-18: 1 Mar-11 Apr

FFI Course 3-18: 26 Apr-8 Jun
FFIT Course 3-18: 26 Apr-8 Jun
FFI Course MTT 4-18: 26 Apr-8 Jun (SOI East)

FFI Course MTT 5-18: 10 Jul-17 Aug (SOI West)
FFI Course MTT 6-18: 10 Jul-17 Aug (Location TBD)
FFI Course MTT 7-18: 10 Jul-17 Aug (Location TBD)
FFI Course MTT 8-18: 10 Jul-17 Aug (Location TBD)

FFI Course 9-18: 5 Sept-17 Oct
FFIT Course 4-18: 5 Sept-17 Oct

- Course dates and information available online:
www.fitness.marines.mil

FY 2018 MCIWS courses at the FFRC:

MCIWS MTT 1-18 19 Feb - 9 Mar
MCIWS MTT 2-18 9-27 Jul

Semper Fidelis

Your challenge now is to pick up where the MAIT/FFI has left off and to create an atmosphere where every Marine is not limited, except by their own capabilities. Be the Mentor! Be an "Ethical Warrior!"